



# Grilled Caponata

## Ingredients

- 3 small eggplants
- 1 pound ripe plum tomatoes, halved
- 1 red bell pepper, halved and cored
- 1 yellow bell pepper, halved and cored
- 1 medium sweet onion, peeled
- 1 large head of garlic
- 1 cup extra virgin olive oil, divided
- Salt and freshly ground black pepper
- 3 tablespoons balsamic vinegar
- ¼ cup salted capers, rinsed and chopped
- ⅓ cup Kalamata olives, chopped
- 3 tablespoons finely chopped fresh basil
- ¼ cup lightly toasted pine nuts

## Instructions

### 1. Preheat Grill:

Heat your grill to medium.

### 2. Prep the Vegetables:

Slice the onion crosswise into 1½-inch rounds and secure with skewers to keep them intact. Trim the eggplants and slice into 1-inch thick rounds.

### 3. Roast the Garlic:

Wrap the whole head of garlic in foil and place on the grill. Cook for about 20 minutes, turning occasionally, until softened and golden.

### 4. Grill the Veggies:

- Place the peppers on the grill cut side down. Add onions and tomatoes. Grill, brushing occasionally with ½ cup of the olive oil and keeping the lid closed as much as possible.
- Grill for about 15 minutes, turning once, until tender and charred.
- Grill the eggplant slices until browned and tender, about 10–15 minutes total.

### 5. Steam the Peppers:

Transfer grilled peppers to a plate and cover tightly with plastic wrap to steam for 10 minutes. Peel off the charred skin once cooled.

### 6. Chop and Combine:

Dice the eggplant, tomatoes, onions, and peeled peppers into 1-inch pieces. Place in a large mixing bowl.

### 7. Make the Dressing:

Squeeze the roasted garlic cloves into a small bowl. Whisk in the balsamic vinegar, remaining ½

cup olive oil, capers, olives, salt, pepper, and fresh basil.

8. **Assemble the Dish:**

Pour the dressing over the chopped grilled vegetables and toss gently to combine. Transfer to a serving bowl or platter and sprinkle with toasted pine nuts just before serving.